



Homemade Southern Beef Stew

 Popular

READY IN



165 min.

SERVINGS



6

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 bay leaves
- ☐ 1 tablespoon beef base
- ☐ 64 ounce cartons beef stock
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon cajun spice
- ☐ 5 large carrots
- ☐ 0.3 teaspoon celery seed

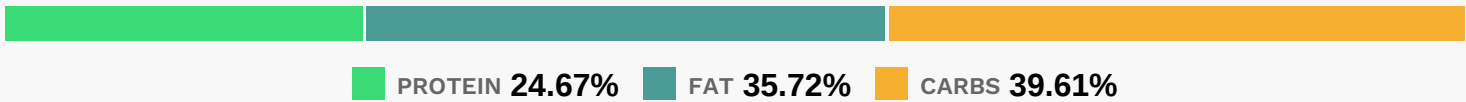
- ☐ 2 pound chuck roast
- ☐ 6 servings rice hot steamed
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 toes garlic
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup milk
- ☐ 1 large onion
- ☐ 0.3 teaspoon paprika
- ☐ 2 large russet potatoes
- ☐ 4 tablespoons vegetable shortening
- ☐ 4 cups water

Equipment

Directions

- ☐ Recipe: Homemade Southern Beef Stew
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Cook time: 2 hours 30 min |

Nutrition Facts



Properties

Glycemic Index:90.43, Glycemic Load:49.86, Inflammation Score:-10, Nutrition Score:37.679565678472%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 680.03kcal (34%), Fat: 27.18g (41.82%), Saturated Fat: 10.22g (63.87%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 63.31g (23.02%), Sugar: 7.02g (7.79%), Cholesterol: 105.58mg (35.19%), Sodium: 1371.23mg (59.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.25g (84.49%), Vitamin A: 10189.27IU (203.79%), Zinc: 12.99mg (86.57%), Vitamin B12: 4.19µg (69.85%), Vitamin B6: 1.39mg (69.44%), Selenium: 45.58µg (65.12%), Vitamin B3: 12.08mg (60.38%), Phosphorus: 536.26mg (53.63%), Potassium: 1874.02mg (53.54%), Manganese: 0.82mg (41.2%), Vitamin B2: 0.66mg (38.81%), Iron: 6.15mg (34.18%), Vitamin B1: 0.46mg (30.78%), Magnesium: 104.6mg (26.15%), Copper: 0.51mg (25.59%), Vitamin B5: 1.96mg (19.59%), Vitamin K: 19.19µg (18.28%), Fiber: 4.51g (18.02%), Folate: 66.14µg (16.54%), Vitamin C: 12.77mg (15.48%), Calcium: 125.29mg (12.53%), Vitamin E: 1.38mg (9.2%), Vitamin D: 0.26µg (1.75%)